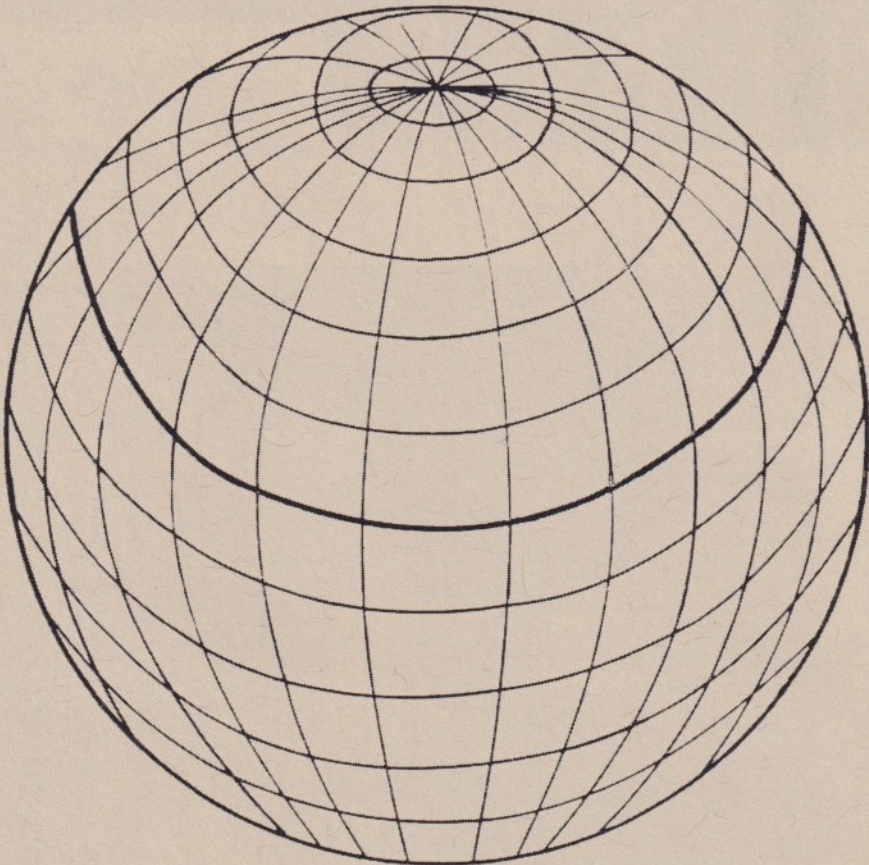


AUG 23 2021



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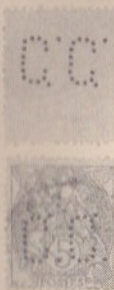
Guest insert by Annette Block



x MML

To limit material waste, notify me if you wish to be removed from the mailing list or if you have a new mailing address. When issues are returned, I will pause on sending until I hear otherwise.

Thank you for reading,



perfin stamps have perforated initials across them to discourage theft.



"All that childhood stuff just to be an employee" — YES, THIS IS A TRULY HEAD SCRATCHER.
—ALISA



13. Touch your own shoulder, gently, like you are your own friend, or pet, or guardian, or something else.

14. If there are tears, pardon them, let them free. If there are not, repeat step 13 but with the other shoulder.

15. Say these times slowly: "I am what I am. I am real. I am need. I am _____ (other adjective). I am _____ (other adjective)." Say something else that you'd like to hear, in the voice of a person you admire. Whatever it is, know it's true. Drink more water. See yourself without the aid of a mirror. Set your shoulders back. No, further. Stand tall. Face what is rotten and say *Omigod*.

HOW
TO
NOT
GIVE
UP

2020
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**“The past is not such
a good neighbor. It
knocks when it
wants, but it won’t
let you in.”**

Bette Howland
*How We Got The
Old Woman To Go*

Marie Spartali Stillman
was a member of the
Pre-Raphaelite Brother-
hood first as a favorite
model but trained and
became a respected
painter with one of the
longest-running careers,
spanning sixty years
with over one hundred
and fifty works.



**“I don’t really know
what my form is”**

Anne Sexton
No Evil Star

A black and white photograph of a still life arrangement. A dark, shallow wooden bowl sits on a light-colored wooden surface. Inside the bowl are several large, dark, round tomatoes with prominent stems. A small, dark, leafy plant or branch is also nestled among the tomatoes.

MAKES ABOUT 2 CUPS

Core and cut into medium dice:

Put them in a bowl and toss them with:

¼ cup torn basil leaves

Cover the bowl tightly and set aside for at least 1 hour before tossing with hot fresh-cooked, drained pasta.

- * Add a pinch of dried chile flakes for spice.
- * For a more refined sauce, peel and seed the tomatoes before dicing them. Strain the seeds out of the juice and pour it into the bowl with the diced tomato.

[illegible]

Final e is worthy of the closest scrutiny.

Very harmonious letter:
a feeling for beauty, simplicity,
poetry.

All well-rounded, gentle final letters, which have no trace of the acute or the right angle in them, and in which the curve is perfectly smooth, indicate a kind, gentle personality, though one which may, on occasion, also be soft and lazy.

An analysis of my cursive revisited after many years of non-use. I wrote "Life" repeatedly because the movement felt good, and I did so until my pen ran out of ink. The source for analysis is a found book called *Graphology, The Art of Interpreting Handwriting* (1975).

“A pleasant walk most often veritably teems with imageries, living poems, attractive objects, natural beauties, be they ever so small.

...

Consider the great unabating importance for the poet of the instruction and golden holy teaching which he derives out there in the play of the open air.

...

he must let his careful eye wander and stroll where it will, unselfish and unegoistic, must continuously be able to efface himself in the contemplation and observation of things.”

— Robert Walser,
The Walk

“You live like this, sheltered, in a delicate world, and you believe you are living. Then you read a book [...] and you discover that you are not living, that you are hibernating. The symptoms of hibernating are easily detectable: first restlessness. The second: absence of pleasure.” — *The Diary of Anaïs Nin, Volume I*

“A poem is a line between any two points in creation” — Charles Olson, *The Principle of Measure in Composition by Field: Projective Verse II*

“I see everyone as writing the same poem, only in many voices. We’re all writing the poem of our time, everyone differently”

Anne Sexton
No Evil Star



some good omens observed



seeing a fox in
pennsylvania

or an all white pigeon
anywhere

hearing someone nearby
order an extra sausage
for each of their two
large dogs while dining
al fresco

(by me and others)

a small beetle landing
in someone's hair

a full pineapple on the
ground in an uncommon
place (like a walking
path)

a full cauliflower on the
ground in an uncommon
place (like next to a full
pineapple in an un-
common place (like a
walking path))

four people facing each
other from different
directions at a walking
path crossroads, then
slowly walking towards
each other, then away,
and repeating this for
some reason

a drop of water falling
from a tree and landing
on the end of your nose

a water snake swimming
away from you in a
shallow river while a
crow caws in a tree
above (seems like a bad
omen, but if you say
something is a good
omen then it is a good
omen)

gentle wind moving low
branches out of your
way right as you pass
under them so you don't
have to duck

a little rain falling while
you swim

Eyebrow flash

From Wikipedia, the free encyclopedia

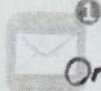
The **eyebrow flash** is an unconscious social signal, a raising of the eyebrows for about a fifth of a second that communicates a wish to approach another whom the sender recognizes and is preparing for social contact (such as a greeting).^{[1][2]} People generally return an eyebrow flash, unless they do not recognize the sender, or the sender looks away immediately after.^[3] The message must be interpreted in context.



Jude Law showing an eyebrow flash



I refresh my inbox as I walk to the studio, hoping to hear back from Griff, who I invited for a visit a month ago.



One new email: "thank you for applying to Watershed, unfortunately..." Hmm, maybe he's been busy. Maybe he doesn't like my work. Or me?



In front of my studio, someone's drawn a smiley face on a parking meter. I smile back and go inside.